

## ABSTRACT OF THE DISCLOSURE

A wireless station communicates with at least one other wireless station in a local area network (LAN). A media access control (MAC) device controls transitions between an active mode and a low power mode. A radio frequency (RF) transceiver communicates with the MAC device and, after the transition to the active mode, transmits data during a predetermined time slot that is assigned to the wireless LAN station and that is not assigned to other wireless LAN stations in the LAN. The RF transceiver receives data from other wireless LAN stations in the LAN during the active mode and transitions to the low power mode after receiving the data from the other wireless LAN stations. The MAC device transitions the wireless LAN station to the active mode prior to a timing beacon and transitions the wireless LAN station to the low power mode prior to a subsequent beacon.